



**nami**

National Alliance on Mental Illness

Westside  
Los Angeles

**The Royals Unite for Mental Health!**

*Read about Heads Together*



The Duke and Duchess of Cambridge and Prince Harry want to **"help change the national conversation"** on mental health.

They are leading a campaign called **Heads Together** which will be the biggest single project they have undertaken together.

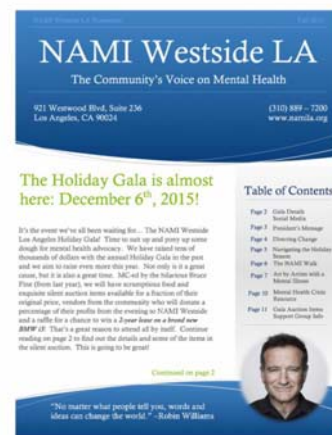
It will be a partnership with charities with experience in tackling **stigma**, raising **awareness**, and providing **help** for people with mental health challenges.

Read more, [here!](#)  
**NAMI Family to Family**  
*Join Us & Register Today!*

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To read our quarterly newsletter click on the following link [2015 Fall Newsletter](#). It will take you to the pdf.file, which you can save to your computer and/or print out, if you'd like.

**Join Our Mailing List!**

**Art By Artists with a Mental Illness**



**NAMI Family-to-Family** is a FREE education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being.

**When:** May 1st - June 19th  
(No class May 15th & 29th)  
Sundays, 12 - 5 PM

**Where:** Topanga  
Parking available

**Cost:** FREE!

To register,  
click [here](#) or call 310-889-7200!

**The Videoblogs**  
*Film Screening in Commerce, CA!*



**Thursday, May 19 7:30PM - 9:25PM**

at [Regency Commerce 14](#)  
950 Goodrich Blvd, City of Commerce, CA, US, 90022, US





\$10.00 General Admission

[Get your tickets today!](#)

Watch the trailer, [here!](#)

## NAMI Parent & Caregiver Workshop

*Workshop on IEPs*



Hope | Growth | Wellness

## Free NAMI Parent and Caregiver Workshop on IEPs

**Saturday, May 14, 2016**

**9:30 AM – 12:00 PM**



### The IEP Process

Speaker, **Ed Brostoff** –  
Educational Consultant  
and Parent Advocate

**Free** workshop for parents, caregivers, educators, practitioners, advocates, counselors, volunteers, social workers or anyone who works with children and adolescents living with mental illnesses.

### Parents and Caregivers will learn:

- ♥ **The rights** Special Education gives to your child with a disability.
- ♥ **The process** for a child to become eligible for special education services.
- ♥ **The IEP process** and parents' role in that process.
- ♥ **Ways** in which you can have an active role for your child in the special education process.

**Jackie Robinson Center 1020 N. Fair Oaks Ave., Pasadena, CA 91103**  
Free parking and refreshments

For more information and to register:  
<https://namiparentcaregiver2016.eventbrite.com>

Contact **Sylvia Gil** at NAMI LACC for questions at 323-351-0999 or [sylvia@namilacc.org](mailto:sylvia@namilacc.org)



Los Angeles  
County Council

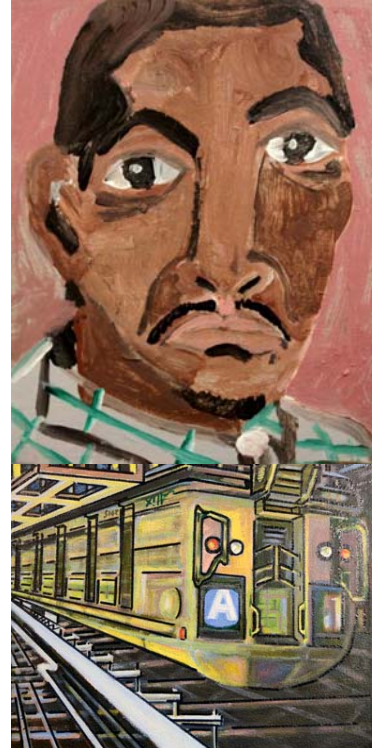
PASADENA  
PASADENA MENTAL HEALTH ADVISORY COMMITTEE

Visit the Spring into Wellness Festival before or after the workshop  
3250 Wilshire Blvd, Suite 1501, Los Angeles, CA 90010 • [www.namilacc.org](http://www.namilacc.org)

For more information and to register,  
click [here!](#)

## The Torturing of Mentally Ill Prisoners

*A Glimpse Into Florida Prisons*





"By the nineties, prisons had become America's dominant mental-health institutions. The situation is particularly extreme in Florida, which spends less money per capita on mental health than any state except Idaho.

Meanwhile, between 1996 and 2014, the number of Florida prisoners with mental disabilities grew by a hundred and fifty-three per cent."

Read this chilling article, [here](#).

**NAMI Westside Annual Conference:  
Pathways to Wellness 2016  
*SAVE THE DATE!***

